

Caleb Greenwood TOGETHER



MOVE-A-THON

2021 BINGO CHALLENGE

January 25th - 29th

Jump rope	Dance to your favorite 2 songs	Take a nature walk along the river	Ride a bike/scooter	Movement video of choice
Movement video of choice	Go for a run	Play basketball	30 second sprint in place/30 second shoulder rolls (x3)	Play hopscotch
Ride a bike/scooter	Movement video of choice	 Pick the activity	Toss a football	Hop on each foot 10 times/20 arm circles (x2)
Play catch	Learn a line dance	Create an obstacle course and run through it	Movement video of choice	Go on a neighborhood stroll
Roller skate/blade around the block	Movement video of choice	Kick a soccer ball	20 jumping jacks/5 pushups/10 sit-ups (x2)	Movement video of choice

Student Name: _____

Teacher: _____

Parent Signature: _____

Date: _____